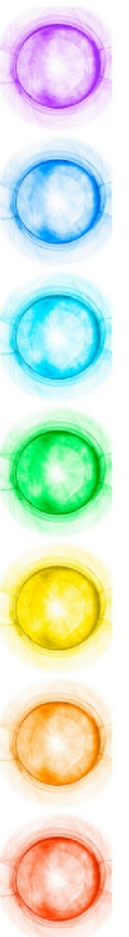




chakra dance™
rhythm for your soul

CHAKRA
HEALTH CHECK





WELCOME

Everyone has chakras. You might know a little, or a lot, about chakras. Either way, it can be challenging to know how well our own chakras are functioning.

I've been running Chakradance workshops for nearly two decades now and during this time I've come to have a good understanding of what signs come up for us when a chakra is imbalanced.

Firstly though, let's take a quick look at what life looks like when our chakras are healthy. Basically, life feels good from here. If all of our chakras are balanced we have great physical health and feel really safe and stable in our lives. We are able to easily express our emotions and are truly in touch with our sensuality. We have passion in our lives. We feel self-empowered and confident. We are clear about our purpose. Our relationships are loving, kind and compassionate. We express ourselves truthfully and creatively. We trust our intuition, and have a strong spiritual connection that is our guiding force in life.

Doesn't that sound like a life worth pursuing? Working with our chakras can lead us to a life like this. The first step is identifying which chakras we need to work with and knowing where to begin.

I have created this 'chakra health check' so that you can gain some insight into the state of your own chakras. I also then offer some tips and simple guidance as to how you can specifically balance each chakra.

One of the most important things to know about chakra work is that whatever we do to heal on the inside is then reflected back to us on the outside. So if you want to make significant changes in your life, the best way to start is by going within. As we balance our chakras, we literally bring our energy system into health. This feeds our bodies, and attracts wonderful new opportunities, people and situations into our lives.

CHAKRA HEALTH CHECK

This health check is not about judging yourself in any way; it's about awareness. The more conscious we can become of where our energy is at, the more we can make the changes necessary for a more balanced and healthy life.

Simply answer YES or NO to each of the statements for each chakra. At the end, add up the number of YES or NO answers to gain more insight into each chakra.

Your results will show you whether you are balanced or imbalanced in each chakra. I have shown how imbalances can come up for us in two ways – being either excessive or deficient in energy. Don't worry if you seem to have excessive and deficient energy within the one chakra. I find we often swing between the two when we are imbalanced.

Once you know which chakras need balancing, read through my suggested tips on ways of healing each chakra.

Enjoy,

Nat xx

Discover a deepened connection to
your true authentic self, the
unravelling of blocked energy, and
the feeling of coming home.



BASE CHAKRA

- | | | |
|---|---|---|
| Y | N | I exercise regularly |
| Y | N | My diet is healthy and balanced most of the time |
| Y | N | I take time to be in nature on a regular basis |
| Y | N | I feel good about my body |
| Y | N | I am generally well organized |
| Y | N | I find it easy to stay focussed on what I am doing |
| Y | N | I'm comfortable with my level of prosperity and abundance |
| Y | N | I usually trust my instincts |
| Y | N | I'm good at taking care of details |
| Y | N | I regularly de-clutter |

If you answered NO more than three or four times, it may indicate that you have an imbalance in the base chakra.

BALANCED

Having a balanced base chakra will help you to feel comfortable in your own skin. You will have a healthy attitude towards your body and will be in good physical health. You will be well grounded and when things don't go your way in life, you will be able to stand on your own two feet and work things through. In general, you are a stable person, who is in touch with your natural instincts.

IMBALANCED

Over-active

If you have an over-active base chakra, you may find that you tend to be addicted to food. Physically, you may show signs of being overweight. This extra weight (both physically and energetically) leaves you feeling lethargic and heavy. You may be overly materialistic, over-focussed on money, and can be driven by greed, which is really about your insecurity around

survival. You tend to have a hoarding mentality and can be obsessive about routine. You tend to dislike change or anything that upsets your sense of security.

Under-active

Alternatively, if your base chakra is deficient in energy you may be underweight and very ungrounded. You may have a fearful and restless nature that makes you scatty, unfocused and means it is hard for you to meet your commitments. You may also find yourself plagued by constant financial worries and lack a sense of security, probably changing jobs often. You live predominantly in a fantasy world and tend to be vague.

WAYS TO BALANCE YOUR BASE CHAKRA

Chakradance

The music for the base chakra has been composed to clear, activate and balance your base chakra. As you dance, you'll find that its pulsating, tribal beat strongly connects you to your body and to the earth. The deep vibrations found in the earthy, primal music will help you to connect more deeply with your inner instincts.

5 Tips for Balancing Your Base Chakra

1. Create a clean and organized home environment. Try to create order and structure in your life and home (eg. filing, clearing out cupboards etc.)
2. Spend as much time as possible in healthy environments, especially nature. Find time to walk, or dance, barefoot on the earth.
3. Find a form of exercise that really suits you, and carry it out in a balanced way. Learn to listen to your body's needs – know the signs when illness is coming on, or when you need to take a break.
4. Eat healthily, and mindfully, and ensure that you are getting the right vitamins, minerals and nutrients for your body.
5. Limit the amount of toxins you put into your body – this includes alcohol and drugs, but also the toxins in the food you eat, the chemicals in your cleaning products and the products you put on your skin.

Base Chakra Crystals

Hematite, garnet, bloodstone, onyx, black tourmaline and ruby

Base Chakra Oils

Cedarwood, sandalwood and patchouli

Base Chakra Color

Red





SACRAL CHAKRA

- | | | |
|---|---|---|
| Y | N | I'm in touch with my feelings and find it easy to express my emotions |
| Y | N | I enjoy healthy intimate relationships |
| Y | N | I am in touch with my own sensual nature |
| Y | N | I regularly do activities that I find pleasurable |
| Y | N | I have things that I am passionate about in my life |
| Y | N | I can identify what my needs are |
| Y | N | I love to dance, moving with music makes me feel good |
| Y | N | I make time for myself to relax and feel good |
| Y | N | I'm comfortable embracing changes in my life |
| Y | N | I enjoy taking baths or swimming |

If you answered NO more than three or four times, it may indicate that you have an imbalance in the sacral chakra.

BALANCED

When your sacral chakra is balanced you will be able to express your emotions, without them overwhelming you. You will enjoy healthy sexual relationships and will be in touch with your own sensuality. You find it easy to nurture yourself with the simple pleasures of rest, good food and quality time. You will be in touch with your inner feminine energy (whether you are male or female) and are easily able to surrender to the flow of life.

IMBALANCED

Over-active

An excess of energy in the sacral chakra is characterised by someone who lives in constant emotional turmoil. If you have an over-active sacral chakra you may experience frequent mood swings and constantly get caught up in the drama of life. You may be clingy in relationships and emotionally oversensitive. You are a highly sensual person with strong urges that are usually acted out in a sexual way. You can also be manipulative and overly dependent on others for emotional support. Finally, you have a tendency to overindulge in life's pleasure and live extravagantly.

Under-active

If the sacral chakra is lacking energy of underactive you may experience sexual dysfunction and repressed sexual desires. You may find it difficult to allow any form of pleasure into your life and therefore, you may lack passion and excitement. As you have a tendency to block your emotions, you may feel empty and lonely as you find it difficult to form close relationships. You may also display signs of pessimism and introversion.

WAYS TO BALANCE YOUR SACRAL CHAKRA

Chakradance

The sensual music of the sacral chakra will call you to move your hips in a serpentine like way, healing and balancing the energies of this chakra. This dance will reconnect you to your inner Goddess energy and help you feel your passion and pleasure. It will help open you up to being in the flow in your life.

5 Tips for Balancing Your Sacral Chakra

1. Get support on any emotional issues going on in your life. This may include finding a form of therapy such as counseling or energetic healing, etc.
2. Try not to keep feelings bottled up, but find safe ways to express and release emotions. eg. talking to a friend, dancing, painting, writing in a journal.
3. Find a regular practice to help keep you emotionally balanced eg. Chakradance, meditation, yoga, qi gong, relaxation exercises.
4. Create opportunities for pleasurable feelings in your life. Find the time to do things you really enjoy like getting a massage, or cooking a beautiful meal. Create some 'you' time every day.
5. Create an emotionally calming environment in your home by cleansing your personal space with incense and burning candles. Spend your time with positive and uplifting people.

Sacral Chakra Crystals

Moonstone, carnelian, golden topaz and orange calcite

Sacral Chakra Oils

Sweet orange, ylang ylang, sandalwood

Sacral Chakra Color

Orange





SOLAR PLEXUS CHAKRA

- | | | |
|---|---|--|
| Y | N | I feel confident in most situations |
| Y | N | I am able to laugh easily |
| Y | N | I see projects and commitments through to completion |
| Y | N | I have the courage to take risks when necessary |
| Y | N | I establish appropriate boundaries for myself |
| Y | N | I stand up for myself when I need to |
| Y | N | I am in the career that feels right for me |
| Y | N | I can make my own decisions with ease |
| Y | N | I usually feel like I have enough energy to do what I need to do |
| Y | N | I have a clear sense of the direction I want to go in |

If you answered NO more than three or four times, it may indicate that you have an imbalance in the solar plexus chakra.

BALANCED

A balanced solar plexus chakra allows you to have a strong sense of self worth. You feel confident and have a good sense of your own personal power. You understand that power is not something you have over others or allow someone else to take away from you, but is an inner strength that you can always draw on when needed. You enjoy spontaneity in your life, trying new things and taking on new challenges. There is laughter in your life, and you are in touch with your inner masculinity (whether you are male or female).

IMBALANCED

Over-active

An excess of energy in this chakra is experienced in overly aggressive behaviour. You may dominate others, be unyielding in your opinions and stubborn in your outlook on life. You might have a tendency to be overly competitive, arrogant and you may display controlling

tendencies. This can lead to obsessive pursuits fuelled by your iron will and the need to be constantly busy. You seek validation through your success and outward accomplishments.

Under-active

Conversely, an underactive solar plexus chakra may mean that you experience low energy levels, which can lead to a lack of spontaneity in your life. You may be weak-willed and allow other people to walk all over you. You are often shy and withdrawn and avoid situations where you may be the center of attention. You tend to be undisciplined and can display passive/aggressive behaviour as you end up doing things because you can't say no. You avoid taking risks, have a very serious outlook and can suffer from bouts of depression.

WAYS TO BALANCE YOUR SOLAR PLEXUS CHAKRA

Chakradance

The music is powerful, fiery, and dynamic for this chakra. You may be called to make strong, defined and purposeful movements as you express the energy of your inner masculine. You may shake, vibrate and even become frenzied and wild as you burn away all the things that are holding you back in life. You will be filled with energy after this dance.

5 Top Tips for Balancing Your Solar Plexus Chakra

1. Try to take responsibility for your life, and not blame others, circumstances, or the universe.
2. Keep sight of your own unique direction, ambitions and goals. Take the right action to achieve these goals - even if it is one small step at a time.
3. Find appropriate self-discipline in your life.
4. Focus on creating good boundaries.
5. Call to mind and celebrate your achievements and successes.

Solar Plexus Chakra Crystals

Citrine, yellow tourmaline, golden beryl and sunstone

Solar Plexus Chakra Oils

Bergamot, vetiver, juniper

Solar Plexus Chakra Color

Yellow



chakra dance™



HEART CHAKRA

- | | | |
|---|---|---|
| Y | N | I am a generous person |
| Y | N | I have open, honest relationships |
| Y | N | I am kind to myself |
| Y | N | I forgive easily |
| Y | N | I empathize easily with other living beings |
| Y | N | I accept myself as I am |
| Y | N | I have a lot of joy in my life |
| Y | N | I am comfortable with both giving and receiving |
| Y | N | I feel genuine happiness for others |
| Y | N | I can own my part in any conflicts I may have with others |

If you answered NO more than three or four times, it may indicate that you have an imbalance in the heart chakra.

BALANCED

When your heart chakra is balanced you have an open and compassionate attitude towards yourself and other people. You can easily form intimate and loving relationships. You are a generous person and are able to be there for people without feeling you have to fix them, or their situation, in any way. You move through life with a lightness and openness that has a deep effect upon others. You also have a balanced outlook on life. You are not judgmental and don't bear grudges. Forgiveness comes easily to you. Life feels joyful.

IMBALANCED

Over-active

When the energy in the heart chakra is excessive you may experience feelings of jealousy and possessiveness. Lacking in self-love and acceptance, an over-riding hunger for connection with others results in co-dependent relationships. You seek constant validation for love outside of yourself. You may therefore be drawn to excessive caregiving, which you hope will earn you the right to be loved.

Under-active

A deficiency in this chakra may be the result of a broken heart. If this is the case your heart chakra may be underactive, causing you to withdraw from people, and become quite cold and distant as a way of protecting your heart. You may find it difficult to forgive and let go of old hurts, and therefore remain stuck in the past. Because you are afraid to feel, you lose touch with others, and struggle to find empathy for both others and yourself. You may display a cynical and bitter outlook towards life and can be quite judgmental of people you meet as a way of creating a distance between yourself and others.

WAYS TO BALANCE YOUR HEART CHAKRA

Chakradance

You will feel yourself being uplifted by the joyful, expansive music of the heart chakra. The music may call you to open your chest, creating a softening of your heart. You may feel like you are becoming lighter and more open. As you breathe in love and peace, any excess energy held within your heart can begin to release. This dance is a soaring journey of love and joy.

5 Top Tips for Balancing Your Heart Chakra

1. Try to find compassion and kindness for yourself daily, so that it is possible to find it for others.
2. Try to see beyond people's behaviors and through to the real person.
3. Live your life in the most generous and open way that you can.
4. Know that compassion does not mean that you have to fix things; just being present for another person is in itself healing.
5. Do your best to be non-judgmental of yourself or others. If you find yourself judging others, breathe into your heart and let the judgment go with your out-breath.

Heart Chakra Crystals

Rose quartz, emerald, jade, kunzite, malachite, watermelon tourmaline and morganite

Heart Chakra Oils

Rosewood, rose, bergamot

Heart Chakra Color

Green





THROAT CHAKRA

- | | | |
|---|---|---|
| Y | N | I am a good listener |
| Y | N | I have a good sense of rhythm |
| Y | N | I have a strong clear voice |
| Y | N | I naturally express my creativity |
| Y | N | I feel comfortable speaking my truth |
| Y | N | I pick up on 'vibes' easily |
| Y | N | I feel like I am able to just be myself with people |
| Y | N | I make time for some silence in my life |
| Y | N | I generally feel in synch with my life |
| Y | N | I have a good sense of timing – I know when/when not to speak |

If you answered NO more than three or four times, it may indicate that you have an imbalance in the throat chakra.

BALANCED

When your throat chakra is balanced you have good, clear communication and are able to express yourself authentically. You live your life by your own truth. Your creative life is important to you and you find it easy to authentically express yourself. On a more subtle level you are tuned into the vibrations around you. You resonate with your life – where you live, what you do, the people you spend time with. As well as being a good listener to others, you also listen to your inner voice. Your life feels harmonious.

IMBALANCED

Overactive

If your throat chakra is overactive, you tend to be an incessant talker. You are probably not a very good listener and may have a tendency to dominate conversations with others. Often what you say has little relevance to those you are speaking with, or you go into the most minute of details. You may also enjoy gossip and have a tendency to complain or speak negatively of others. You find it difficult to connect with your own creativity.

Underactive

Alternatively if your throat chakra is deficient in energy and is underactive you may find it difficult to express your true feelings, as you feel you can never find the right words. If you have a small, meek voice that lacks resonance, and have a fear of speaking, then you may have a deficiency in your throat chakra. You probably feel shy and quite withdrawn from the world as you struggle to engage others in conversation. It sometimes feels like you are wearing a mask when you are with others. You find it difficult to express your creativity.

WAYS TO BALANCE YOUR THROAT CHAKRA

Chakradance

The music of the throat chakra sounds like the ethereal realm where angels play. You will feel your whole energy field expand as you are called to gently chant as you dance. As you dance from the inside out you will find movements and sounds that express your inner truths. You will open up to your unique creativity and express your own unique vibration in the dance.

5 Top Tips for Balancing Your Throat Chakra

1. Have the intention of always being open and honest with your communication. Try to keep communication meaningful, not indulging in gossip, lies and pointless chitchat.
2. Be mindful of the Buddhist precept of wise speech: "Is it true, is it kind, is it necessary, is it the right time?"
3. Acknowledge that 'listening' is as much a part of communication as talking, and practice active listening.
4. Be open to higher levels of communication (telepathy, clairaudience, channeling).
5. Explore ways of connecting with your innate authentic creativity eg. singing, dancing, painting, the way you dress, cooking etc.

Throat Chakra Crystals

Turquoise, aquamarine, sodalite, azurite and blue obsidian

Throat Chakra Oils

Eucalyptus, lavender, chamomile, frankincense

Throat Chakra Color

Blue





THIRD EYE CHAKRA

- | | | |
|---|---|---|
| Y | N | I trust my intuition |
| Y | N | I act on the guidance I receive |
| Y | N | I remember my dreams easily |
| Y | N | I have a good memory |
| Y | N | I can visualise easily |
| Y | N | I trust the signs and synchronicities that show up in my life |
| Y | N | I am open to psychic experiences |
| Y | N | I value the power of my imagination |
| Y | N | I have original ideas and take the steps to bring them to life |
| Y | N | I am able to look at the bigger picture of my life when I need to |

If you answered NO more than three or four times, it may indicate that you have an imbalance in the third eye chakra.

BALANCED

You are able to clearly see what you want out of life as you have a well-developed inner vision. You are in touch with your intuition and trust the insights you receive. You may have psychic abilities or a strong connection with your 'sixth sense'. You value the importance of your imagination and have a good memory that allows you to easily remember details when you need them. You recognise the importance of your dreams. Not only do you remember them, you also value their messages. You often find yourself being in the right place at the right time.

IMBALANCED

Overactive

The most obvious sign of an excess of energy in the third eye is demonstrated by nightmares, obsessive fantasies and hallucinations. A feeling of having lost touch with reality may accompany your waking hours. This is a result of too much psychic input that you are unable to ground. This may lead to feeling paranoid and superstitious.

Underactive

Alternatively, signs of deficiency in the third eye chakra are reflected in an inability to recall your dreams, poor memory, and difficulty in visualising. You may also feel quite out of touch with your intuition and fail to pick up on signs and synchronicities. This manifests in difficulties in finding alternative solutions to problems and becoming over-dependent on your rational mind.

WAYS TO BALANCE YOUR THIRD EYE CHAKRA

Chakradance

The high vibrations of the third eye music create a hypnotic effect when you dance. You may reach up to the Universe, spin or remain still, because the dance of the third eye is a dance of the intuitive mind. You may feel blissful and reach altered states of consciousness. In this trance-like state, you open up to intuitive guidance and express this guidance through your dance.

5 Top Tips for Balancing Your Third Eye Chakra

1. Commit to regular practice of intuition building exercises (meditation, guided visualization, Chakradance, dream-work).
2. Regularly ask advice from your intuitive self and then be open to the flow of intuition.
3. Recognize the relevance of chance encounters, co-incidences and synchronicities. See these as signposts to guide you.
4. Use your imagination to create the life you want. Use visualization, or create a vision board.
5. Learn to trust your "sixth sense". When it feels appropriate, use intuition even if it is beyond rational explanation.

Third Eye Chakra Crystals

Lapis lazuli, sapphire, purple fluorite, lepidolite and herkimer diamond

Third Eye Chakra Oils

Violet, sandalwood, juniper and thyme

Third Eye Chakra Color

Indigo





CROWN CHAKRA

- | | | |
|---|---|---|
| Y | N | I regularly meditate or make time for self-reflection |
| Y | N | I have a relationship with my own source of spirituality |
| Y | N | I have a sense of sacredness in my daily life |
| Y | N | I truly know that my soul has a life beyond the constraints of my body |
| Y | N | I often slow down and notice the wonder around me |
| Y | N | I regularly find gratitude for what I have |
| Y | N | I pray or ask for higher help when I need it |
| Y | N | I bring my spirituality into my daily life |
| Y | N | I feel like I am living my soul's purpose |
| Y | N | I feel connected to a universal consciousness beyond that which is mine alone |

If you answered NO more than three or four times, it may indicate that you have an imbalance in the crown chakra.

BALANCED

Your crown chakra is balanced when your sense of self feels connected to the world, and to the world beyond this one. You are connected to the spiritual aspect of human existence and live your life soulfully. You live in the present, which releases you from the past and allows you to stop worrying about the future. Your life feels sacred and you are able to find value and depth in the most simple of your daily experiences.

IMBALANCED

Overactive

If your crown chakra is overactive you may feel quite dissociated from your body. Usually, as a result of your spiritual addiction, which is used as an escape, you deny your physical needs. You may eat poorly, neglect your comfort, or struggle with poverty in search of loftier aims. You may exist in a world dominated by spiritual visions but be unable to integrate your spirituality into your everyday life. On another level, you may over-intellectualise as you search for the meaning of life. You may be preoccupied with knowledge at the expense of having any real experience and understanding of the world around you.

Underactive

An underactive crown chakra may result in a very limited worldview. If your crown chakra is closed you may have very rigid belief systems and show very little regard for anything of a spiritual nature. It may be easy for you to become consumed by material concerns and very closed off from more meaningful experiences. You are rarely open to new ideas as these may challenge your belief systems, and you find the need to constantly demonstrate that your ideas are right.

WAYS TO BALANCE YOUR CROWN CHAKRA

Chakradance

The sounds of spirit weave in and out through the beat of the crown chakra music. As you surrender into this sacred dance you open to a feeling of oneness, you feel connected to the Divine. This is a dancing prayer; your soul's turn to dance.

5 Top Tips for Balancing Your Crown Chakra

1. Practice meditation or relaxation daily (even if only for a few brief minutes). This helps quieten the mind, making the connection to Spirit more accessible.
2. Develop your own relationship with Spirit, whether this be with God, Allah, the Universe, angels, spirit guides, or whatever higher source you acknowledge. Trust what feels right for you.
3. Regularly ask for higher guidance and let these spiritual forces guide you. Remain open to inspiration (when you become inspired, you are in-spirit.)
4. Commit to your own spiritual practice. Some people find this connection through religion and visit churches or temples to enhance their spiritual experiences. For others, this connection to spirit is found in nature and attuning to the beauty and the wonderment of all that is. Whether you find it surfing a wave as you connect with the vastness of the ocean, meditating in your lounge-room (or on top of a mountain), or by participating in ritual or ceremony, it really doesn't matter! It is experiencing this connection that is important.
5. Try to embody spiritual lessons in your everyday life, and give regular thanks.

Crown Chakra Crystals

Clear quartz, diamond, white jade, selenite, phenacite and pyrite

Crown Chakra Oils

Frankincense, rosemary

Crown Chakra Color

Violet



NEXT STEPS

If you feel drawn to go even deeper into chakra work, I invite you to experience the healing power of Chakradance.

CLASSES

Chakradance classes and workshops are held in a darkened room, lit only by candlelight. In this 'sacred space' we begin to transition from our outer, everyday life, into our rich inner, imaginative world. It is from here that our deep inner healing is activated. In each Chakradance class, a trained Facilitator will guide you into your own experience of each chakra using specific music, guided visualizations, mandala art making and meditations.

TRAINING

If there is no Facilitator near you, you might like to train to become an accredited Facilitator.

CHAKRADANCE AT HOME

If you can't make it to a class, you can experience Chakradance at home with our DVD or our selection of Chakradance CDs of classes.

www.chakradance.com



NATALIE SOUTHGATE

Natalie is the Founder of Chakradance. She conceived of it and created it when living in London in 1998. She is passionate about how dance, music, mandalas and the chakras can help people discover a deeper connection to their true selves, helping them find happier, more balanced lives.

As well as leading Chakradance, Natalie is a trained healer and psychotherapist, author and mother to two beautiful souls. She has run workshops at Deepak Chopra's Center in California, led thousands through Chakradance at Doreen Virtue's Angel Intuitive courses, and runs regular workshops and trainings.

She has recently co-founded Inamojo, a magical wellbeing program for children.